

## CURE THAT CURE TODAY



"I would rather preserve the health of a nation than be its ruler."—MUNYON.

Thousands of people who are suffering with colds are about today. Tomorrow they may be prostrated with pneumonia. An ounce of prevention is worth a pound of cure. Get a 25 cent bottle of Munyon's Cold Cure at the nearest drug store. This bottle may be conveniently carried in the vest pocket. If you are not satisfied with the effects of the remedy, send us your empty bottle and we will refund your money. Munyon's Cold Cure will speedily break up all forms of colds and prevent grippe and pneumonia. It checks discharges of the nose and eyes, stops sneezing, allays inflammation and fever, and tones up the system.

If you need Medical Advice, write to Munyon's Doctors. They will carefully diagnose your case and advise you by mail, absolutely free. You are under no obligation.

Address Munyon's Doctors, Munyon's Laboratories, 333 and Jefferson streets, Philadelphia, Pa.

**10 INQUIRY CARDS FREE**

Write for 10 inquiry cards. Each card contains a full description of the remedy, its uses, and a list of the names of the doctors who have used it. All 10 cards are sent to you absolutely free. No charge for postage.

EVER SINCE.



Virginia—I suppose you and Harry have been thrown together a good deal lately?

Grace—Yes; ever since he got his new automobile.

Lover's Wedding Cake.

Four pounds of our love, half a pound of buttered yeast, half a pound of good looks, half a pound of sweet temper, half a pound of self-forgetfulness, half a pound of good nature, half an ounce of dry humor, two table-spoonsful of sweet argument, half a pint of rippling laughter, half a wine-glassful of common sense.

Then put the four of love, good looks and sweet temper into a well-furnished house. Beat the butter of youth to a cream. Mix together blindness of faults, self-forgetfulness, powdered wits, dry humor into sweet argument, then add the mixture of the above. Pour in gently rippling laughter and common sense. Work it together until all is well mixed, then bake gently forever.

A Condition, Not a Theory.

A sociologist, in conversation with a practical person from the middle west concerning the labor problem in her part of the country thereby learned the lesson of the situation.

"Are there many men out of work?" he asked.

The lady admitted that there were quite a number.

"What," said he then, "do the unemployed do?"

"Nothing," said the lady. "That's the trouble."—Youth's Companion.

Reporter in Luck.

City Editor hurriedly: Anything new about that suicide in the St. Fashion hotel?

Reporter—Not much. The man was a stranger, about my size. Shot himself with a 32-caliber revolver. Had on a dress suit at the time. The body had been taken to the morgue.

City Editor—Bout your size. That's lucky. I want you to report a big society wedding in an hour. Rush around to the morgue and ask the keeper to lend you that dress suit.

With a Sour Laugh.

A Chicago editor has brought from London an amusing story about Humphrey Ward.

"Humphrey Ward," he said, "was in his bachelor days, a really well-known artist. But now!"

"I met Humphrey Ward at a dinner on Soho," he said to me, "with the laugh."

"When a girl wants to retire from the world and be lost in oblivion, she has to enter a nunnery. But a man, to achieve the same end, need only marry a famous woman."

STOPPED SHORT

Taking Tonics, and Built Up on Right Food.

The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonics—drugs.

New material from which to rebuild wasted nerve cells is what should be supplied, and this can be obtained only from proper food.

Two years ago I found myself on the verge of a complete nervous collapse, due to overwork and study, and to illness in the family," writes a Wisconsin young mother.

"My friends became alarmed because I grew pale and thin and could not sleep nights. I took various tonics prescribed by physicians, but their effects wore off shortly after I stopped taking them. My food did not seem to nourish me and I gained no flesh nor blood."

"Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape-Nuts four times a day, with cream and drank milk also, went to bed early after eating a dish of Grape-Nuts."

"In about two weeks I was sleeping soundly. In a short time gained 20 pounds in weight and felt like a different woman. My little daughter whom I was obliged to keep out of school last spring on account of chronic catarrh has changed from a thin, pale, nervous child to a rosy, healthy girl and has gone back to school this fall."

"Grape-Nuts and fresh air were the only agents used to accomplish the happy result."

Read "The Road to Wellville," in Pops. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## John Henry's Sea Shore Visit

By GEORGE V. HOBART

Clara J. and I had finished the first part of our honeymoon trip, and had reached the sea shore.

"We're all right now, little girl!" I said, when the train finally pulled into Sprayville-on-the-Sand.

But when I said so I didn't know that there were some 200,000 hack drivers waiting for us outside.

Did you ever catch that collection of horse-teasers which invariably surrounds the railroad station at a seaside resort?

You begin to miss your change as soon as they see you.

Most of these human speak-easies are colored. They fix it that way so's they won't have to blush every time they make an overcharge.

"Where shall we go?" Clara J. asked when we saw the long line of brunettes pleading with outstretched hands inviting us to step into their wheelbarrows and get toted somewhere.

"I wish I knew the answer," I said. "I think I'll close my eyes and go down the line while I count twelve. The hotel hack I stop in front of gets us."

I tried it, but after we reached the hotel I came to the conclusion that I must have counted thirteen.

It wasn't a hotel. It was a hold-up. They gave us a room which they said had an ocean view. The only ocean view I could find was a ten-cent picture in an eight-cent frame on the wall, and even that was a scene on some cheap canal.

It was called the "Paradise House." If the real Paradise is like that hotel, then me for that other place.

It had one bell-boy to take your money.

There was a large, pink-complexioned dining-room that took your appetite and treated it badly.

On the door our room it said, "All bills must be paid weekly." If you depended on the dining-room alone for sustenance that's the only way you could pay them—weekly.

After dinner we went out to get a sniff of salt air on the veranda, but some careless person had moved both the air and the veranda.

I complained to one of the clerks.

"I'm sorry," he said, "but they've got a banquet on at the hotel next door and they've borrowed our veranda—try the back porch."

"How about the salt air?" I inquired.

"Send" he yelled to the bellboy, "who's using the salt air?"

"Ge-man in 38, sub!" Sam replied.

"Sorry," the clerk turned to me, "but I guess you'll have to wait till the wind changes, then you'll get all that's coming to you."

We went out on the porch, but that, too, was busy. One man was using

the porch for a wash-trough.

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## The DAIRY

USE SANITARY MILK PAILS

Have Small Opening and Some Provided With Strainer to Keep Out All Dirt.

There are a great many different styles of sanitary milk pails used in the production of certified milk, any of which are an improvement over the old open pail which has no provision for keeping out dirt and which should not be used in any dairy.

Generally speaking, the sanitary pails have a small opening. Some are provided with a strainer through which the milk passes in entering the pail. This strainer consists in some cases of metal wire, but is not so satisfactory as a cheese cloth strainer.

Aside from the strainer used in the pails absorbent cotton is generally preferred. This is usually inclosed between two pieces of cheese cloth, a method found to be very practical.

The pail shown on the left in the illustration is a good, sanitary milk pail. The height is convenient and as the opening is on the side there is but little chance for dirt to fall in. The seams are all well flushed with solder.

The objection to this pail, if any, is, "It's a sea lion!" I explained to Clara J.

"No, John," said she, "it's a man."

"A man wouldn't dare take a face like that in the water," I said. "It's a sea lion, that's what it is. Or maybe it's a mackerel's foolish brother."

The thing kept coming nearer to us, and I began to feel uneasy.

Presently Clara J. laughed, and at the same moment the horrible truth swept over me.

It was Benedict Murgatroyd, the lad with a map like a cow! The only and original Brother of the Yell.

He saw us and let a yell out of him that set the beach front back about a foot.

Then he danced up to us and all around us, gibbering like a dub with an unbuttoned brain.

"Isn't this a surprise, though! John Henry and Clara J.!" Here! Why, six of us just ran down for two or three days—Sid D'Brie and some of the other boys. Won't they be delighted to know you're here! Where are you stopping?"

"We're not stopping, we're simply sliding through," I said.

"But you'll be here this evening!" he chirped. "I'll get the boys together and we'll serenade you—with our mandolins! What hotel are you at?"

"The Hifalutin house," I said, giving Clara J. the sneaky elbow. "We'll be glad to see you any time after eight o'clock."

"Fine!" said the human menu card, dancing a two-step around us to the amusement of the beach gang. "Spuds

are the best!"

When the faster the bowl is revolved the cleaner the milk will be "skimmed" because the centrifugal force is greater. The slower the bowl is revolved the more fat there will be left in the milk. Simple, isn't it?

Now, the faster the bowl is revolved the cleaner the milk will be "skimmed" because the centrifugal force is greater. The slower the bowl is revolved the more fat there will be left in the milk. Simple, isn't it?

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